Worrying is a girl's accessory.
もぐもぐ
IT'S BEEN AWHILE SINCE I STARTED MY IDOL CAREER BUT THERE'S BEEN SOMETHING ON MY MIND LATELY
KANA-CHAN, IS THAT ALL YOU'RE HAVING FOR LUNCH?
EHEHE. I'M CURRENTLY ON A DIET
OH? KANKO-CHAN'S JUST HAVING SALAD, TOO?
It is the burden I must carry as a fallen angel... (There's a swimsuit job coming up so I'm a bit worried.)
GIRLS! I BAKED US A CAKE TODAY, TOO!
THERE'S A LOT SO DON'T BE SHY AND HELP YOURSELVES!
Idol and sweet snacks
アイドルはじめました
原作:バンダイナムコゲームス
漫画:甘党
*描き手の主観の解釈がはいり、設定等、公式と異なる描写がございます。ご承知おきの上、お楽しみください。
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Noriko-chan

KANAKO-CHAN LIKES MAKING AND BRINGING OVER DELICIOUS SWEETS I CAN NEVER FIGHT THE TEMPTATION
UUH DIET BUT...IT LOOKS DELI-CIOUS
Temptation of the white devil...! (The whipped cream!)
I'LL GO GET THE TEA READY~
HOLD IT RIGHT THERE!
NORIKO-CHAN!
AAAAH, I'M GONNA EAT IT AGAIN
SOMEONE, HELP...!
WOULDN'T IT BE SO MUCH BETTER IF I DID THIS?
WOW! THAT'S AMAZING! NORIKO-CHAN, YOU'RE A GENIUS!
Awww, Shucks~
AND SO, NORIKO-CHAN DEALT THE FINISHING BLOW BY TOPPING IT WITH DONUTS

No helping it

RESIST...
BUT, I DIDN'T HAVE MUCH FOR LUNCH SO MY BELLY'S
I AM ON A DIET RIGHT NOW. MUS... RESIST...
THIS JUST HAS WAY TOO MANY CALORIES...
WELL, KANAKO-CHAN DID MAKE IT FOR US...
BESIDES, IT'S NOT GOOD TO WASTE FOOD...!
I baked today's better than usual!
IT WOULD BE BAD IF I SAID I DON'T WANT IT, RIGHT...?
THEY LOOK HAPPY
YEAH, IT CAN'T BE HELPED!
OH, WELL, THERE'S NO HELPING IT I'LL JUST HAVE TO EAT IT

Those who do not worry about calories

It's too tasty

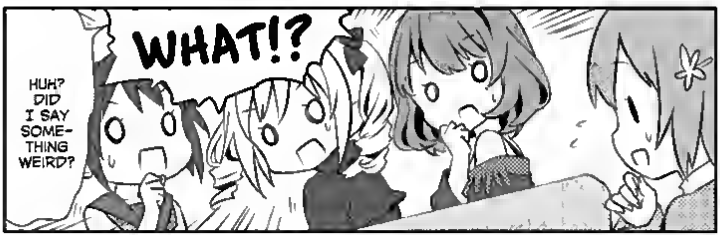
We must eliminate the white devil with our own hands!
(Maybe buying out all the flour, sugar, and cream so she won't have any ingredients to bake with...)
WE HAVE TO PREVENT KANAKO-CHAN FROM MAKING SWEETS IN THE FIRST PLACE...

Unexpected

ひょー
WAH!
WHAT ARE YOU GUYS TALKING ABOUT?

AH, I WAS ACTUALLY THINKING OF GOING ON A DIET MYSELF! PLEASE COUNT ME IN!

WE WERE ACTUALLY WORKING ON OUR DIET PLANS..


WHAT!?
HUH? DID I SAY SOME-THING WEIRD?

How to diet

IF KANAKO-CHAN'S GOING ON A DIET, SHE SHOULDN'T BE MAKING ANY SWEETS...
IN THAT CASE, LET'S DO OUR BEST TOGETHER!
IT'S A BIT SAD THAT WE WON'T GET TO EAT KANAKO-CHAN'S CAKES FOR A WHILE, THOUGH

Mmm Just a bit more...
ACTUALLY, MY OUTFIT WAS A BIT SMALL ON ME WHEN I WAS TRYING IT ON EARLIER
OH MY... IS IT THE WRONG SIZE?

The forbidden fruit will become nourishment. (Substituting in apples seems to be a popular thing)
I'VE TAKEN A LOT OF NOTES BUT USUALLY YOU SUBSTITUTE YOUR MEAL ITEMS FOR SOMETHING ELSE
BUT I'M NOT REALLY SURE ON THE SPECIFICS OF DIETING...

LET'S MOVE AWAY FROM CAKES FOR NOW!
Bonbo-chan Power
Wisdom of Minerva! (That a a good idea!)
OR MAYBE A HEALTHY CAKE WITH VEGETABLES IN IT~

OH, THEN HOW ABOUT REPLACING OUR THREE MEALS WITH CAKE...?

Carrot and stick and carrot and carrot

I THINK IT'S IMPORTANT TO START BY ACCOMPLISHING SMALL OBJECTIVES AND GIVING YOURSELF A REWARD WHEN YOU DO!
KAEDE-SAN ISN'T ON A DIET SO SHE LEFT EARLIER
We have to battle against the twilight overnight (with my Kokoro (But it's important that we keep with it))
EXERCISE IS THE MOST IMPORTANT PART OF A DIET! LET'S DO OUR BEST!
20 PUSH UPS COMPLETED! HAVE SOME CREAM PUFFS AS A REWARD!
30 SIT-UPS COMPLETED! HAVE SOME CHOCOLATE AS A REWARD!
I'M DOING MY BEST AT DIETING, YET I'M GAINING WEIGHT...!
EVERYONE SURE IS WORKING HARD! HERE'S A LITTLE SOMETHING☆

Result

WE STOPPED EATING SWEETS AND CONTINUED WITH OUR DIET AFTER THAT
A FEW DAYS LATER
LISTEN TO THIS! I'VE LOST 1KG!
EHEHE, I'VE GONE BACK TO MY PREVIOUS WEIGHT TOO!
My body has acquired a form that merits a fallen angel as well (My diet's yielded results too!)

EHEHE LOOKS LIKE WE'RE ONE STEP CLOSER TO OUR DREAM!
I'M SO GLAD!
IT'S BECAUSE YOU TWO WERE WERE WITH ME THAT I WAS ABLE TO GIVE IT MY ALL! THANK YOU VERY MUCH KANA-CHAN, KANKO-CHAN!

I CAN NEVER UNDERSTAND THE STANDARDS OF LOSING AND GAINING WEIGHT OF GIRLS IN PUBERTY...
They don't look like they've gained at all...
Yaaaay

Cinderella memorial

An angel descends upon us (It's very cute!)
WOW, IT'S SO PRETTY! IT REALLY FEELS LIKE YOU'RE AN IDOL!
LOOK! I CAN FIT INTO MY OUTFIT NOW!
MY WAIST HAS SLIMMED DOWN BY 2CM! I'M SO HAPPY—
ズラッ
THAT SAID, LET'S CELEBRATE WITH THESE CAKES I MADE!
THE HARSH ROAD TO BEING AN IDOL CONTINUES...!!
WE'LL HAVE TO GO ON ANOTHER DIET
HAVING CAKE AFTER WORKING HARD IS SO DELICIOUS~

END

Translator: PuchimasuTL
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DRINK IN THE DARKNESS
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